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⚙️ MARCH MID-MONTH UPDATE ⚙️



Coming soon!

Peak Cherry Blossoms Predicted March 22-25



"Peduncle Elongation! It's not funny, it's science. DC is at the fourth of six stages on the path to peak bloom. Check out BloomCam. Follow the bloom watch online as the trees advance through the blossom cycle at www.nps.gov/cherry

The blooming of the cherry trees around the Tidal Basin in Washington, DC has come to symbolize the natural beauty of our nation's capital city. The famous trees, a gift of Japan in 1912, signal Washington's beginning of spring with an explosion of life and color that surrounds the Tidal Basin in a sea of pale pink and white blossoms."

-- National Park Service.



COVID-19 Update

Stock Up on Home Tests and Get a Booster Shot NOW! **DC Health Closing COVID Centers on Friday, March 31**

DC Health will operate a Ward 4 COVID Center at 4704 13th Street NW inside the Peoples Congregational United Church of Christ only through Friday, March 31. It currently provides one-stop access to free vaccinations, boosters, take-home rapid antigen tests, PCR tests & drop off box plus KN95 masks.

Stop in at the Ward 4 COVID Center before the end of the month or phone **855-363-0333 to arrange to get your booster at home**. The Ward 4 COVID Center is open Monday, Tuesday & Wednesday 10 am - 8 pm, Thursday: 11 am - 9 pm, Friday & Saturday: 9 am - 7 pm.

Check your vaccine card today. Was your last booster earlier than September 2022? It is recommended that you get another covid booster with the new, improved bivalent vaccine.

ERCV can still help you get vaccinated and boosted and can deliver rapid tests and two KN95 masks to any ERCV member or volunteer and their household members while our supplies last. Please email info@eastrockcreekvillage.org or call us at 202-656-7322.

Free tests by mail are currently available from the government. Click [here](#) to order more or go to <https://www.covid.gov/tests>. If you have Medicare Part B coverage, you can get up to eight Covid tests per month FREE from participating pharmacies. See details [here](#)

If you have tests at home with a 2022 expiration date, go to [At-Home OTC COVID-19 Diagnostic Tests | FDA](#) to see if the expiration dates have been extended. ERCV can give you new ones while supplies last. Just call us at 202-656-7322



USEFUL INFORMATION ...

Tax Assistance:

- Through April 17, [AARP Foundation Tax-Aide](#) volunteers are available to provide in-person and virtual tax assistance to anyone free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. There is no income requirement.
- At drop-off sites you visit the Tax-Aide site and leave your tax documents with an IRS-certified volunteer after completing an application. During a second visit, your return is finalized, and you leave with a printed copy of the return and your original documents.

Ward 4 Tax Aide Locations:

- Emery Heights Community Center: 5701 Georgia Ave. NW, Tuesdays & Thursdays: 1:00-5:00 pm. Call: 202-643-9263
- Petworth Library: 4200 Kansas Ave. NW, Mondays & Fridays: noon-4:00 pm. Call: 202-656-1341

To get assistance filing online using free tax software, click this link: [Help with Online Taxes](#). If you need tax assistance at home, ERCV may be able to help. Please call 202-656-7322 SOON or email info@eastrockcreekvillage.org to arrange this special service.





ARE YOU AN ARTIST, MUSICIAN, WRITER, PERFORMER?

PLEASE FILL OUT OUR SURVEY!

We know ERCV is blessed with many talented people. We want to feature your work and talents and we don't want to leave anyone out. Please help us find you by completing this [brief survey](#). Special thanks go to Rima Shaffer, ERCV volunteer leader & talented artist, for leading this process.



ERCV VOLUNTEER OPPORTUNITIES!

Do you like meeting new people?

Do you prefer working behind the scenes or in the community?

Volunteering is good for your health and for the well-being of our older neighbors.

East Rock Creek Village is a volunteer-run local nonprofit organization.

We offer opportunities for you to make a difference!

If you are interested or have questions,
please contact [Susan Learmonth](#) or call 202-271-1309.



*Memorial Service for ERCV member, community leader and photographer, **David Hamilton**, will be held on Saturday, March 18, 4 pm to 6 pm, at the Washington Ethical Society, 7750 16th Street NW, DC 20012.*



Upcoming ERCV Events

*Please register online for ERCV events that are held in person or on Zoom. Click on the event title to see the registration page and to get more information. Click on the red registration button to provide your information. You will immediately receive a confirmation email with instructions including the Zoom link for online programs and reminder emails prior to the event. Online event reminders will include a **Join Online Meeting Now** button for easy access. If you have questions, please call the office at 202-656-7322 or email info@eastrockcreekvillage.org.*

*There is a complete listing of all events on the
[ERCV website](#)*

Wednesdays, March 15, 22, & 29: 9:00-10:00 am

MORNING WALK ON TRACK BEHIND SHEPHERD SCHOOL

- An ERCV walking group gathers on the track behind Shepherd School. Some of us are using walking poles. Some are counting our circuits of the track. Some are wearing masks and we will put one on if you request it. Any pace or length of walk is OK. You can expect lots of conversation!
- You can enter the track from Kalmia Rd. or Jonquil St. between 14th and 16th St. There is plenty of street parking on both sides. Besides the one-fifth mile artificial turf track, there is also an exercise area for pre- or post-walking stretches or other exercises, and a long flight of stairs which will really get your heart beating fast. We usually finish up before 10:00 am.
- Reservations are not needed, but if you email info@eastrockcreekvillage.org or call/text 202-656-7322 we will look out for you and also add you to the reminder email or text message which is sent out Tuesday evenings. All are welcome!

Wednesdays, 15, 22, & 29: 4:00-5:00 pm

StrongerMemory BRAIN EXERCISE WEEKLY CHECK-IN

- The StrongerMemory group participants will share their progress at weekly check-in meetings via Zoom. Group members will receive the link and directions on how to join by phone.
- If you have questions or need assistance, please email info@eastrockcreekvillage.org or call 202-656-7322.

Fridays, March 17, 24, & 31: 3:00-4:00 pm
ZOOM CHAIR YOGA WITH ANTONIA

- Our long-running class is online each Friday afternoon. Gentle yoga involves centering, stretching, and balancing poses done sitting in a chair or standing next to it. It is recommended for everyone.
- Email info@eastrockcreekvillage.org with questions about Zoom and to receive reminder emails each week.
- Here is the [Zoom link](#) to join the class. (The link is the same each week.) Meeting ID is 8562 878 5908 and passcode is 618672.

Mondays, March 20, & 27: 9:30 am
ERCV MORNING WALKERS

- We will meet at 1312 Juniper St. NW and take a leisurely stroll around the neighborhood.
- No reservation is necessary, but if you call 202-656-7322 by 9:30 am, we will wait for you before we set out.
- Email info@eastrockcreekvillage.org if you would like to receive an email reminder on Sunday evening.

Mondays, March 20, & 27: 4:00 pm
ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at 1309 Floral St. NW. We usually walk on the track inside Walter Reed or may go on the path in Rock Creek Park, avoiding steep downhill dirt trails.
- Reservations are not necessary, but if you email info@eastrockcreekvillage.org we will send you a reminder email on Sunday evenings. If you call or text Judith McCullough at 202-255-2390 before 4:00 pm Monday, she will wait for you to arrive before setting out.

Tuesdays & Thursdays, March 16, 21, 23, 28 & 30, Shepherd Park Library: 1:00-2:00 pm
OTAGO FALL PREVENTION EXERCISE CLASS IN-PERSON!

- Otago is a series of 17 strength and balance exercises that can reduce falls in frail older adults. ERCV is planning an 8-week class beginning March 7 and ending April 28. If you are concerned about falling, this may be the class for you!

- There are still openings to join our first in-person Otago class since the pandemic. Susan Davis will teach on Tuesdays and Linda Glass will teach on Thursdays. Participants are invited to attend Antonia's online Otago class that is now on Fridays at 1:00 pm via Zoom – see separate calendar listing.
- In-person participants will be required to wear a mask during classes. Ankle weights are encouraged, but not required. The class will be held upstairs at the library which is accessible by elevator or stairs and there will be an air purifier in the room.
- For more information contact info@eastrockcreekvillage.org or call Susan Learmonth at 202-271-1309.

Fridays, March 17, 24, & 31: 1:00-2:00 pm [NOTE: new day & time]
ZOOM OTAGO FALL PREVENTION EXERCISE WITH ANTONIA

- Antonia, our yoga instructor, is leading an online Otago exercise practice designed for those who have Otago experience or experience with other strength and balance classes. This exercise is suitable for almost anyone, with an easy-to-learn routine. Ankle weights are optional.
- The program is tailored to those who attend — we can help you get back in shape. Email info@eastrockcreekvillage.org or call 202-656-7322 for more information and the Zoom link.



Thursday, March 16: 3:00-4:00 pm
ST. PADDY'S DAY SHAMROCK BINGO via ZOOM

- Wear something GREEN!
- Win sweet treats and have fun with your neighbors and friends.
- Register [HERE](#) for the Zoom link and click [HERE](#) to get your 2 bingo cards.
- Email info@eastrockcreekvillage.org or call **202-656-7322** if you have any questions and let us know if you need your bingo cards printed and delivered.

Friday, March 17: 1:00-2:00 pm
JOIN THE ERCV PROGRAM COMMITTEE MEETING ONLINE!

- What creative ideas do you have for music and art programs? Do you want to see more financial and end-of-life planning sessions? More COVID-safe in-person events? What would make you smile and be an active ERCV member?
- Please register [HERE](#).

- Interested, but can't make this meeting? Email info@eastrockcreekvillage.org with your ideas or to set up a time to talk with Shelley.



Thursday, March 30: 3:00-4:30 pm

ARMCHAIR TRAVEL SERIES: SOUTHWEST WONDERS WITH RALPH BLESSING

- Ever wish you could just wiggle your nose and be on the rim of the Grand Canyon in Arizona? Joining our online photographic tour of Southwest Wonders with Ralph Blessing is the next best way to go!
- Ralph will share stories and his gorgeous photos from a trip he and his wife Debby Thomas took last year.
- They spent a little over two weeks in our country's Southwest, initially at the north rim of the Grand Canyon, followed by one day at the Antelope (slot) Canyon in Navajo territory, before crossing into Utah to visit two of that state's many national parks: Zion and Bryce Canyon. Along the way, the scenery was nearly as fabulous as in the parks, and the small towns were fascinating in their own way.
- Register [HERE](#) to receive the Zoom link.

[Check out ERCV's YouTube channel](#) to see video recordings of our Armchair Travel Series, including our Feb 16th Black History Month session: *Back Stage Pass* with Roger Glass' interview of photo-journalist David "Oggi" Ogburn!



EVENTS OFFERED BY OUR SISTER VILLAGES (free & open to all Villages)

Villages in the DC area work closely together. We share resources and invite each other to participate in our larger programs. Below is a sampling of programs we have been invited to attend by other DC Villages. For more, visit DMVVillageEvents.org

~ Caregiver Support Group for Men: Mondays, March 20, 3:00-4:00 pm via Zoom – The Caregiving Support Group for Men that met for the first time on Feb 15 would like to try an **every-other-week schedule on Mondays at 3:00**. We're going to schedule just a couple of meetings at a time until they find their groove, at which point we'll schedule out further. New participants are 100% welcome but must register separately for each of the next two meetings. Folks can join day-of without registering but won't receive reminders or any change notices. **Register** for March 20 [HERE](#). Anyone who needs help can call CHV: 202-543-1778. Offered by **Capitol Hill Village**.

~ The Carter Barron Amphitheater: History, Present and Future, Tuesday, March 21, 11:00am- Noon, via Zoom – Join us for a virtual presentation that will explore the past, present, and future of the Amphitheatre and hear from Tony Richardson about the ongoing efforts to support the National Park Service in reopening this iconic venue and ways that the community can get involved. The Carter Barron Amphitheatre is a historical and cultural landmark located within Rock Creek Park in Washington, DC. As a federally-owned and operated venue, it was fully integrated in the 1950s, which was unique at a time when other concert venues were segregated. Due to structural issues and long-term rehabilitation needs, the amphitheatre has lain dormant for the past 5 years. Tony Richardson is the Senior Manager of Justice, Equity, Diversity and Inclusion Initiatives at the Rock Creek Conservancy. In this role, he leads efforts to increase awareness, engagement, access, and stewardship throughout Rock Creek Park. Register [HERE](#). Offered by **Northwest Neighbors Village**.

~ Psychology of Parenting Adult Children, Thursday, March 16, 5:30pm, via Zoom – Our children will always be our children. Yet, our children emerge as adults, and through our own aging process and their own development, different issues in need for closeness, consultation and advice, perspective, and priority emerge. Dr. Carol Weissbrod, PhD will explore these issues from the perspective of the parent and the adult-child, using information from the fields of Developmental and Clinical Psychology. This program is free and open to the community! Register [HERE](#). Offered by **Georgetown Village**.

~ SAVE THE DATE: Eye to Eye Group, Wednesday April 12, 10:00-11:00am, in person or via Zoom – This is a group facilitated by Barbara Scott, LCSW for those with low vision, their partners, and caregivers. You will have the opportunity to talk to others; share common concerns, frustrations, and stories; and find solutions to your vision-related challenges. We would like to meet in-person but can include people via Zoom. ERCV members who are

interested may contact the Palisades Village office at 202.244.3310 or Case Manager Barbara Scott at 202.441.7290 or at casemanager@dupontcirclevillage.net. Offered by **Palisades Village**.

For [Washington Area Villages Exchange \(WAVE\)](#) activities in the region,
check out their new website.



. . . AND COMMUNITY EVENTS . . .

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and look at the “In-Person Events” under “Upcoming Events” or email community@iona.org or call 202-459-9634. Sign up for the newsletter while you are there.

Get your FREE copy of the Positive Aging Sourcebook; Click [HERE](#).



**Happy Birthday to ERCV members
born in MARCH**

Eugene Davis
Peter Kramer
Judith McCullough
Stan Sloss
Doris Spruell
Lee Tyner

Please let us know if you prefer not to be included
in our monthly birthday list or if we missed your birthday
and you would like to be added. Email info@eastrockcreekvillage.org.



**Greetings from ERCV's Field Trip
to the Baltimore Aquarium!
March 13, 2023**

ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

Mid-month Update: Shelley Moskowitz

Our thanks to the DC Department of Aging and Community Living (DACL)
and The Washington Home for their generous support.

